

## ACTIVITIES FOR TODDLERS (Outdoor)

1. Ride on toys: Great for gross motor development! Take your children to ride on bikes around outdoor play area or park.
2. Walks: Never underestimate the enjoyment gained from a daily walk. Even if all you can manage is around the neighbourhood once a day this is also great. Try to get to a natural place once a week, like a forest or green belt for your toddler to enjoy nature. Be sure to walk with someone else if you are concerned about safety. Walks are educational as you can build so much of your toddler's vocabulary as you talk about what you see.
3. Sand and water play: On those lovely warm days make sure you let your toddler enjoy some sand and water play. This is a great educational activity which does not involve much from mom's side. You can sit outside too and enjoy a book while you watch your toddler play. Mixing the two components is wonderful for all sorts of imaginary play. Choose sand that is lime free, do not just buy builder's sand! Water tables are also great help if you would like to confine the mess.
4. Jungle gym/climbing frame: If you have space in your yard then invest in a climbing frame. Adding swings and slides at a later stage is also a possibility as your toddler gets older. Climbing is an important toddler educational activity as it builds upper body strength which is necessary later for schooling.



## ACTIVITIES FOR TODDLER (Indoor)

Books are always a great indoor activity. Read to your little one everyday, even if only for a short time. Consider also indoor obstacle course & tunnel and some age appropriate crafts.

### FINE MOTOR ACTIVITIES

1. Playdough is such a wonderful tactile activity for toddlers. In the beginning some may like to try to eat it, and while this is not ideal, small amount will not harm them. Purchase some cookie cutters, a small rolling pin and add some plastic non-serrated knives and your toddler is set for a whole lot of fun. Some children's toys stores also sell playdough syringes that you can fill with playdough and squeeze out the other side. This does take a fair amount of muscle power but by 2.5 years your toddler will master it.
2. Pegs: A great fine motor toddler educational activity! Take a medium square of hard corrugated cardboard (from an old box) and a few wooden pegs. Make sure they are the ones that your toddler can squeeze together on one end so the other opens. Show them how to peg them on and off the edge of the cardboard.
3. Spaghetti: Take an empty spice shaker and fill it with a few pieces of uncooked lengths of spaghetti. Show your toddler how to unscrew the top, remove the spaghetti, replace the lid and then place the spaghetti back in the bottle through the holes in the lid. NOTE - Be aware that your child might try to eat dry spaghetti.
4. Knob Puzzles: 1 year old toddlers do still battle with the fitting together of the normal puzzles, which is why knob puzzles are ideal for them. The knob forms a little handle that they can hold onto and slide (rather than fit) the shape into the right slot.
5. Shape containers: Fitting shapes into containers are also a great toddler educational activities. You can select to make some yourself with old ice-cream containers and bottle tops or buy ones that have different shapes. You can also save your own bottles and lids for them to screw on and screw off. Be careful with glass containers and perhaps only use glass for older toddlers under direct supervision.

6. Pegs into holes: This toy with series of round wooden "pegs" that fit into a wooden board with the same sized holes is wonderful fun for your little ones.
7. Rings: Stacking ring toys are great for this age group as well as for younger sitting babies.
8. Stacking/nesting cups: This duo toy is fun to either make towers or to find the right size sequence to nest the cups. Half the fun is pushing over the tower with a big crash!

### GROSS MOTOR ACTIVITIES FOR TODDLERS

In addition to the outdoor ideas mentioned above, on colder days you can also plan these gross motor toddler educational activities.

1. Try rolling the balls across the floor or rolling your toddler on the ball.
2. You can also place a non-slip mat in your shower and let your little one paint with shaving cream on the walls of your shower.
3. Purchase a black board easel and let them draw pictures over the surface.
4. Play a gentle game of tug of war with a scarf.
5. Catching and throwing of bean bags, or throwing bean bags into an empty washing basket is great fun!

